



NMCPHC QUICK HITS

2016 Crews Into Shape Challenge – National Nutrition Month® Exercise and Nutrition Program

The NMCPHC Health Promotion and Wellness Program will hold its 16th Annual Crews Into Shape Challenge in March 2016 in conjunction with National Nutrition Month® and Navy Nutrition Month. Crews Into Shape is a four-week challenge that uses a team approach to promote wellness, combining the support of colleagues and family members to help participants work toward a healthier lifestyle. Each crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits and vegetables, and engaging in other healthy activities.



Who Can Participate?

The Crews Into Shape Challenge is open to all active duty and reserve service members in the Navy, Marine Corps, Army, Air Force, and Coast Guard, as well as Department of Defense (DoD) family members and civilians.

When Do I Register?

Register your team by 5 March 2016. The challenge will take place 6 March – 2 April 2016.

How Do I Register?

1. Recruit between 2 and 10 team members and name your team. Make sure you register your team by 5 March 2016.
2. Register online via the Crews Into Shape web-tool or email.
 - a. Registering through the web-tool (CAC card needed):
 - i. Create your new Crew using the Crews Into Shape web-tool here:
<https://nmcpeh-hpwebsvr.med.navy.mil/crews/Index.aspx>
 - ii. Invite crew members to join your Crew.
 - iii. Enter your crew members' daily scores using the web-tool.
 - b. Registering through email:
 - i. Email your Crew Worksheet with the top portion filled out to:
usn.hampton-roads.navmcpubhlthcenpors.list.nmcphe-crewsintoshape@mail.mil
 - ii. Collect [Crew Member Weekly Logs](#) on a weekly basis for four weeks.
 - iii. Each week, enter Crew Member data into your [Crew Leader's Worksheet](#).
 - iv. Email your completed Crew Leader's Worksheet to the email address above by 7 April 2016.

For more information, visit the Crews Into Shape Challenge website at

<http://www.med.navy.mil/SITES/NMCPHC/HEALTH-PROMOTION/PAGES/CREWS-INTO-SHAPE.ASPX>

